

# Hijab: A Bridge to My Empowered Self, Not a Barrier

---

## Organizers:

- Department of WellBeing Programme,
- Department of Islamic Studies ( Life & Living),
- Student Service Department.

**Participants:** Faculty members, and Students from various Department, Riphah International University, Islamabad.

**Guests of Honor:** Dr. Sarwat Jameela, Director, GGC.

## Resource Person:

- Sara Chaudhary Former Pakistani Television Actress.
- Dr. Kauser Firdaus, former senator and Secretary General of the Women Wing of Jamaat-e-Islami, Pakistan, is a highly experienced medical doctor. Her career includes service in the Pakistan Armed Forces Medical Corps and as a WMO with UNHCR. Dr. Kauser has also contributed significantly as a Lecturer and Coordinator of Islamic Studies at the Department of International Islamic Medical College, Rawalpindi. Additionally, she has held prominent roles with the International Muslim Women Union and Federation. Currently, she holds the esteemed position of Advisor to the vice chancellor for women WellBeing Programme at Riphah International University, GGC.

**Date, Time & Venue:** 18th September, 2024, 11:30 AM - 12:30 PM, Auditorium, GGC Campus.

## Detail of the Event:

On Wednesday, 18th September 2024, the Women Wellbeing Program (WWBP) at Riphah International University, Islamabad, in collaboration with the Department of Life & Living and SSD, successfully organized an event titled "Hijab is a Bridge to My Empowered Self; Not a Barrier." The event, held at the Gulberg Green Campus auditorium, aimed to emphasize the empowering role of the hijab in the lives of Muslim women. Its objective was to inspire students and faculty by showcasing how women excel in various professions while observing the hijab, and to provide deeper insight into its cultural and religious significance through real-life experiences.

The event began with a welcoming address by Dr. Serwat Jamila, Director of the Gulberg Green Campus, who acknowledged the presence of esteemed guests, heads of departments, faculty, and students. Dr. Kouser Firdaus delivered a speech on the religious importance of hijab, referencing the Quran and Hadith. Ms. Sarah Chaudhary shared her personal journey of adopting the hijab and overcoming challenges, illustrating the strength she derived from her faith.







The event also featured a Hijab walk organized by the Department of Life & Living, where students showcased various professional and cultural styles of hijab worn by women in different regions and careers. In addition, stalls displayed a range of hijab styles, including Palestinian-inspired designs. The event concluded successfully, leaving participants inspired and with a deeper appreciation of the hijab as a symbol of empowerment.

